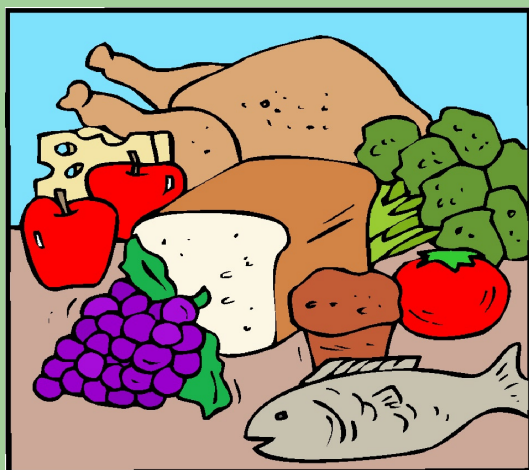


Express Your Health!



Healthy Snacks and Food Safety



Provide Healthy Snacks

When planning menus, consider providing options that accommodate various dietary preferences and needs for healthier eating.

- Offer a variety of grains—especially whole-grain foods—and fruits and vegetables. Examples include fresh fruit and salads; fresh and cooked vegetables; and whole-grain breads, pasta, cereals, and granola bars.
- Provide fat-free, low-fat, or low-calorie foods and beverages. Ideas include fat-free or low-fat dressings or toppings such as salsa, low-fat yogurt dressing, and sweet mustard; low-fat or low-calorie desserts such as angel food cake; low-fat or skim milk, low-fat yogurt, or low-fat cheeses; and lean meats, poultry or fish, and cooked and dried beans, peas and lentils.
- Offer foods and beverages low in added sugars. You could serve unsweetened cereals, fruit spreads, cereal bars, water, 100% fruit juices, and regular and decaffeinated coffee or tea.
- Serve foods that are low in salt and sodium, such as unsalted pretzels, popcorn, or baked chips; grilled or roasted entrees; and entrees cooked with spices and herbs instead of salt.

- Include smaller portions such as mini-bagels or 1-inch low-fat cheese squares.

Choosing Foods and Beverages for Healthy Meetings, Conferences, and Events

www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf

Healthy Eating Tips

www.cdc.gov/nccdphp/dnpa/tips/index.htm

Prepare Food and Snacks Safely

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria), and he can make people sick. Even though we can't see BAC - or smell him, or feel him - he and millions more like him may already be invading foods and kitchens. We have the power to fight BAC and to keep food safe from bad bacteria. Follow these four simple steps:

- **CLEAN:** Wash hands and surfaces often.
- **SEPARATE:** Don't spread germs from one food to other foods.
- **COOK:** Cook foods to proper temperatures.
- **CHILL:** Refrigerate foods promptly.



Fight BAC! ...to Keep Foods Safe

www.fightbac.org/consumers.cfm?section=3

Foodborne Illness: Frequently Asked Questions

www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm

Scrub Club

www.scrubclub.org

It's a SNAP

www.itsasnap.org